



# SERVICE MENU

**The Performance Edge for  
Today's Touring Professional**



Dear Touring Professional:

Thank you for your interest, I am proud to have created a performance system for today's touring professional that is designed to help you play better, longer and enjoy the professional and financial success you deserve.

Whether you are coming off an injury, trying to remove the physical barriers that limit your swing or just wanting to maximize your health and longevity on TOUR®, I am confident I have a solution for you.

The program is multi-faceted, mobile and well structured, allowing personalization based on your specific needs, goals and schedule. From on-tour services to the unique diagnostic program, a full spectrum of professional services is available to you.

Please take a look at the enclosed information. I am confident you will see I have the knowledge and experience to complement your skill level. I look forward to working with you!

Sincerely,

A handwritten signature in black ink that reads 'Jeffrey S. Banaszak'. The signature is fluid and cursive, with a small horizontal line at the end.

Jeffrey S. Banaszak, PT, CSCS  
President Back9Fitness®  
(817) 277-1458



## INTRODUCTION

The ideal golf body should be strong, but mobile, for maximum stability with unrestricted movement. These characteristics are necessary whether hitting a full shot or a 5-foot putt.

*Physical barriers limit your golf potential!*

The goal of Back9 TOUR Services is to develop the comprehensive solution for you and your game. The approach is based on the “Pyramid to Success”.



*Proper progression through this pyramid guarantees results!*

Featuring the personalized hands-on services you need to improve your game by removing and minimizing the physical barriers that arise from round after round of golf, without adequate recovery. This personalized approach can help minimize the effects and demands of your job, such as prolonged PRACTICE, PLAY and TRAVEL.

## SERVICE MENU

Three distinct performance enhancement areas:

- I. TOUR Performance Evaluation
- II. On-Tour
- III. Off-Week and Off-Season



## TOUR Performance Evaluation

Professional golf at the game's highest level can be very technical sport that utilizes components from many physical and applied sciences from physics to sports medicine. Golf requires its own unique set of diagnostic equipment to identify both biomechanical and physical barriers. It is difficult for players' even at the game's highest level to obtain the information they need in a useable format.

To meet this need, Back9 TOUR Services, a division of Back9Fitness®, has developed the TOUR Performance Evaluation. Participants' receive the game's most comprehensive physical and biomechanical evaluation leading to a customized program based on needs and goals.

The process typically starts during a players' off-season and consists of two parts occurring over a two-day period. Part 1, or the Evaluation Day, consists of the comprehensive biomechanical and physical testing. Part 2, or the Diagnostic Reporting Day, consists of the review of the results including the implementation of basic programming. Players have the ability to bring there on-tour support team with them which may including their golf coach, medical professionals and fitness professionals, or any others they directly work with on these aspects of there game.

Each player is required to commit to a second follow-up TOUR Performance Evaluation scheduled later during the same tour season. At that time, the full evaluation process will be repeated with comparison made between data collections allowing our team to fully monitor progress. *The follow-up process and comparison of data is how we guarantee results for each individual!*

This program is now offered to professionals on the PGA, Champions, LPGA and Korn Ferry TOUR®'s as well as other Mini-Tours players and high-level amateurs working to take their games to the next level.





## PROGRAM DESCRIPTION AND HIGHLIGHTS

Goals of the TOUR Performance Evaluation:

- Utilize our state-of-the-art technologies to measure swing efficiency.
- Identify biomechanical swing characteristics, stress and/or pain during practice or play.
- Identify physical limitations establishing the players' specific BODY-SWING connection.
- Report diagnostic findings in a useable format for the players' team.
- Implement basic programming to address weaknesses and/or remove biomechanical stress.
- Properly follow-up with each player and their on-tour team to assure and guarantee results!

As part of your evaluation experience we offer the following courtesy services:

- Access to our facilities in Euless, TX, approximately 15 from DFW Airport, or Mobile
- Unlimited use of the practice and golf facilities
- Breakfast and/or lunch available onsite
- Airport transportation
- Assistance with securing local lodging accommodations
- Referral for further medical evaluation if needed
- Optional diagnostic services can be set-up in a variety of other disciplines all with a golf-specific approach
- Additional services may include mental management, performance nutrition, internal medicine (i.e. Player physicals) and Ophthalmology
- Referral for further medical evaluations if needed
- Access to the Back9 TOUR Services Performance Center in *Pantego, TX*



## INDIVIDUAL SERVICE LIST

### **Day 1 - Evaluation Day:**

- 1) Biomechanical Testing - *Measure Swing Efficiency!*
  - a. AMM 3-D Biomechanical Assessment
  - b. 2-D Video Analysis
  - c. TrackMan Combine
  - d. TrackMan Wedge Combine
  - e. Short Game Skills Test
  - f. Putting Skills Test
  - g. SAM Putt Lab Assessment
- 2) Physical Testing – *Identify Physical Barriers to Performance!*
  - a. Review of current & past health history
  - b. Goal setting
  - c. Selective Functional Movement Assessment (SFMA)
  - d. Performance Body Work Evaluation
  - e. Performance Conditioning Assessment

### **Day 2 – Diagnostic Reporting Day:**

- 1) Review of the Diagnostic Report
- 2) Communication with the players' current performance team
- 3) Implementation of a basic program plan
- 4) Set-up following-up schedule including second TOUR Performance Evaluation to occur during the same tour season



## PACKAGE OPTIONS

- **At Our Facility** – Player wishing to travel to the *Dallas-Fort Worth, TX* area to complete the TOUR Performance Evaluation.
- **Mobile** – Player wishing to have the team and all testing completed either mobile on-tour or at there home facilities. Customized quote.



## ON-TOUR PROGRAM

When on-tour, our focus is MAINTENANCE and RECOVERY. Our unique and comprehensive golf-specific BODY WORK techniques are designed to put the focus on rehabilitation and hands-on services. If you have a current injury or chronic issues, we can help you minimize their effects and prevent “new” injuries. *These services are available for players ONLY at tour event sites.*

### **Our services menu includes:**

- Comprehensive physical and biomechanical assessment:
  - Completion of the TOUR Performance Evaluation including all follow-ups
- Hands-on body work:
  - Active stretching
  - Soft tissue, joint mobilization and joint manipulation
  - Manual therapy including tool assisted soft tissue approaches such as ASTYM®, Graston technique® and Vibracussor®
  - Neuromuscular response testing and graded isometrics
  - Dry Needling for sports performance and pain management
  - Complete tournament preparation
- Injury management:
  - Pre and post-rehabilitative programs
- Overall performance enhancement:
  - Implementation of on-tour programming previously design and development during the evaluation process
    - This may include pre-round warm-up, post-round stretching, corrective exercise and on-tour conditioning
  - Designed to help players prevent injury and maintain a high level of play throughout the golf season

### **Player services are available in the following locations:**

- Player hotel rooms and/or RV's
- TOUR® fitness trailer
- Other facilities (i.e. Event site player locker room) based on availability and access



## ON-TOUR PACKAGE OPTIONS

- **Complete Golf Performance Program (Annual):** This program starts with our TOUR Performance Evaluation. This evaluation can occur in our facilities in the Dallas-Fort Worth area or mobile on the road.

This program gives priority access to specialized and personalized services at each covered tournament event. This may include but is not limited to the following; pre and post round sessions, unlimited bodywork, injury management and on-tour program implementation and progression. Staff coverage at events will be guaranteed based on the number of annual and weekly commitments received.

Access to off-week and off-season services are available at an additional cost.

- **On-TOUR Body Work (Weekly):** This program requires a 3-week commitment and can be used ONLY as a trial to our full annual program.





## OFF-WEEK AND OFF-SEASON PROGRAMS

Off-weeks and the off-season are the critical time to build the body and truly address the underlying physical imbalances limiting performance and/or leading to injury. Back9 TOUR Services offers a full complement of services designed to create and implement a comprehensive golf performance program for the professional golfer.

Back9 TOUR Services is proud to operate out of our comprehensive, state-of-the-art facility home facility located in Pantego, TX. In addition, we have partnered with Jon Sinclair at the Jon Sinclair's Performance Center in *Euless TX* for our golf biomechanics testing and needs. Both of these facilities are easily accessed from anywhere in the world, offering the ideal atmosphere to deliver our elite level programming.

### PROGRAM HIGHLIGHTS

- Access to staff and facilities
- Individual services including hands-on body work, corrective exercise, golf-specific training and more
- All services are mobile with the ability to deliver and implement at a players' home, home country club and/or their own local fitness facility
- Work directly with the players' performance team in their local market to assure complete integration.
- Customized exercises and movement drills, or "Transfer Training," designed to improve biomechanical issues depicted in 3-D analysis findings
- Progression of year-long periodized program or, if specific need dictates, a short-term exercise prescription
- Program implementation based on the MOBILITY, STABILITY, STRENGTH and POWER model
- When applicable, training programs for weight loss or gain
- All programming can be implemented in "Training Camp" style and format. *Very unique in the golf industry!*



## OFF-WEEK AND OFF-SEASON PACKAGE OPTIONS

- **Individual Services (Walk In):** Access to professional services on hourly basis. All services are scheduled and rendered by appointment.
- **Individual Services (Package):** Access to professional services at a package rate, based on number of sessions purchased upfront. Packages are available in quantities of 20 sessions.
- **Individual Services (Mobile):** Off-week/off-season services can be provided in the player's home city. Commitment to these services would include payment of services at hourly rates in addition to payment of travel expenses incurred during provision. These services may include the coordination of programming with local professionals to assure integration.



## ON-TOUR SERVICE PROVIDER

### **President and Founder:**

**Jeffrey S. Banaszak, PT, CSCS**

*Fort Worth, TX*

Jeff's expertise includes application of tournament specific manual therapy techniques and the design of corrective exercise programs based on golf biomechanics. Jeff has been traveling with touring professionals to PGA TOUR® and other professional golf events for the past 19 years and has been leading a team of performance professionals as Back9 TOUR Services since 2006.

## PROFESSIONAL REFERRALS

### **Medical Service Coordinator:**

**Michael Voight, PT, DHSc, SCS, OCS, ATC**

*Nashville, TN*

Michael is currently a professor at Belmont University School of Physical Therapy, has served as a past president of the SPTS – APTA and has lectured nationally and internationally on various orthopedic and sports medicine topics including golf performance. As a recognized leader in the golf performance industry Michael serves on the medical advisory board for the Titleist Performance Institute (TPI) and has been integral in creating the Selective Functional Movement Screen (SFMA) – A medical based screen for professionals featured in the Back9 TOUR Services approach.

### **Biomechanics:**

**Jon Sinclair, Golf Instructor and Biomechanics Specialist**

*Eufless, TX*

Having experience as a tournament player, Jon currently focuses on helping players develop their games through the use of technology. Always looking for new answers, Jon is a student of the game of golf and has consulted with Back9 TOUR Services for measuring player efficiency with the Advanced Motion Measurement (AMM™) 3-D Motion Capture System



## **FACILITY HIGHLIGHTS**

### **The Golf Performance Center the Home of Back9 TOUR Services in *Pantego, TX***

- Easily accessible from the Dallas-Fort Worth airport (i.e. Only 30-minutes away)
- 675 square foot square indoor testing center, gym and golf-specific training center
- State-of-the-art performance gym and training equipment modeled after the Player Fitness and Medical Centers provided by the PGA TOUR®, which travels weekly to tournament events. This allows continuity with all programming similar equipment will be available on-the-road weekly at tournament sites.
- Unique golf-specific physical testing area allowing participants to quickly and efficiently move through our Performance Conditioning Assessment
- Full free-standing Redcord® System featuring the Professional Workstation
- Private 120-square foot treatment room featuring all equipment and modalities featured on the road.
- Recovery area featuring Hot Spring® 3-person spa, Ice Kube™ *by Cold Tub* for portable cryotherapy, NormaTec® Pulse Plus Recovery Compression System, Newtowne Hyperbarics Class 4 Mild Hyperbaric Chamber and CLEARLIGHT Sanctuary I Full Spectrum One Person Infrared Sauna
- Full onsite accommodations featuring private guest room, 3-piece bathroom and locker room area.

### **John Sinclair Golf Training Center in *Euless, TX***

- Easily accessible from the Dallas-Fort Worth airport only 15 minutes away
- A unique freestanding 2,000 square golf-training center with two state-of-the-art hitting bays complete with golf diagnostic technologies.
- Golf diagnostics includes: AMM 3D-Golf™ System, Multi-camera video, Dynamic Balance System (DBS), Trackman®, SAM Putt Lab and more.
- Golf training center includes biomechanical testing bay, physical testing bay, indoor putting lab, performance training area, outdoor hitting area and classroom.
- 22-acre property offers a full complement of indoor and outdoor facilities
- 18-hole championship golf course at Texas Star Golf Course
- On-site restaurant, Ravens Grille, providing breakfast and lunch
- Local attractions including all major sports team sports, amusement park and more.



## PROFESSIONAL CUSTOMER LIST (PAST AND PRESENT)

- Michael Allen
- Jonathan Byrd
- Tim Clark
- Luke Donald
- Steve Elkington
- Jason Gore
- Zach Johnson
- Derek Lamely
- Troy Matteson
- Carlos Ortiz
- Rory Sabbatini
- Webb Simpson
- Chris Stroud
- Hudson Swafford
- Jason Bohn
- Chad Campbell
- Ben Crane
- Jason Day
- Brian Gay
- Charles Howell III
- Russell Knox
- Davis Love III
- William McGirt
- Pat Perez
- Carl Pettersson
- Justin Rose
- Kyle Stanley
- Bo Van Pelt

*... And many others...*





## ENDORSEMENTS

“When it comes to hands-on body work for golf, there is no better team. The bottom line is I play better when I am working with Back9 Tour Services!”

- *Michael Allen, Winner of 2009 Senior PGA Championship*

“Thanks for all your help. You and your team are great at what you do! All the best.”

- *Steve Elkington, 10-time PGA TOUR® winner, including the 1995 PGA Championship, 1991 and 1997 Players Championships*

“My swing has always depended on timing. When it was on it was great, when it wasn’t, I hit it awful. By nullifying my weak body parts, I am now so much more stable. I can hold my golf posture throughout the swing and repeat the right body positions without worrying about timing. So basically, my bad days now are where my goods used to be, and my good days are way beyond. It’s been huge!”

- *Rory Sabbatini, 6-time PGA TOUR® winner, including 2011 The Honda Classic*